

Texas

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://www.tdh.state.tx.us/oshp/sshp/sshp.htm>

<p style="text-align: center;">The Epidemic</p> <p>63% of Texas adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>29% of Texas high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2001)</p> <p>The obesity rate among Texas adults doubled between 1990 and 2002. (CDC BRFSS, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <p>The Statewide Obesity Taskforce developed <i>The Strategic Plan for the Prevention of Obesity in Texas</i> during 2001–2002 and released it in February 2003 at the Promoting Healthy Weight Conference in San Antonio.</p> <p>During 2003–2004, the Texas Department of Health is working with a workgroup of the Texas State Strategic Health Partnership to update the plan and incorporate 5 A Day, physical activity, caloric imbalance, breastfeeding, and reduced television time for children in the action plans. The strategic plan can be downloaded at http://www.tdh.state.tx.us/phn/obesity-plan.pdf.</p> <p>The Texas Department of Health has contracted with Tarleton State University to develop a website that will serve as a clearinghouse for physical activity, nutrition, and obesity prevention information.</p> <p>The University of Texas at Austin will provide technical assistance to support planning process of the community partnership's that are selected for funding to develop community-based interventions.</p>
<p style="text-align: center;">Notable Partners</p> <p style="text-align: center;">Tarleton State University Texas Cooperative Extension Texas Migrant Council Texas School Health Association University of North Texas Health Science Center The University of Texas at Austin University of Texas-Houston School of Public Health</p>	
<p style="text-align: center;">Major Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Five mini-grants to communities to build or improve walking trails, plus five additional trails paid for with state funds ➤ Sixteen mini-grants to schools to promote worksite wellness programs ➤ The I-CAN! program, a school-based intervention based on social marketing that promotes nutrition/healthy eating and physical activity through the use of an integrated curriculum ➤ A worksite wellness program tailored to meet the needs of eight Texas elementary schools ➤ Sixteen new walking trails developed or improved in ten communities 	
<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ Competitive grants to one rural and one urban community partnership to help plan community-based interventions, including strategies for implementation and a process for evaluation ➤ Media messages to increase awareness of obesity and mobilize communities to choose lifestyles that promote healthy weight ➤ Three regional skill-building workshops to increase the capacity of local partners to implement the <i>Strategic Plan's</i> strategies 	<p style="text-align: center;">Project period: 2003–2008 Year first funded: 2000 Funding stage: Capacity building Contact Person: Barbara Keir, MA, RD TDH - Division Director Texas Department of Health Telephone: 512-458-7111 Fax: 512-458-7446 E-mail: Barbara.Keir@tdh.state.tx.us</p>



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